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JULY 19, 1984 - JIM GORDON - IN MEDITATION

Personally I am beginning to become aware of a great many changes taking place within my life both on an inner and an outer level. I have been searching to come to a better understanding of these changes because I have been aware of them and I have been aware of the flux of flow of the energy for some time, but not really having a real understanding of these changes - I have kind of stood back at times and pondered as to what direction I was really going and what was unfolding before me. It was as though I was outside of the situation watching everything take place but not in real control of any of the events that were manifesting in my life at this particular time. Part of the change that I have witnessed is my relating to people and also the flow of expression that comes through me in relating. It used to be that it was very easy for me to do counselling work, in the sense that I did not mind the one on one relating and the sharing of past life information and helping the individual to understand more about what was taking place in the past and how it related to the present and helping in that manner to balance much of the karmic energy from the past that is now influencing the present. Also, by helping the person to be aware of the situations, oftentimes I have found that they are then able to take a new perspective in their life pattern and begin to work with the karma in their lives rather than struggle and fight with it so much.

Also, I didn't mind people coming to me with their personal problems and sitting down and trying to work them out - to deal with the everyday, mundane, physical type problems - finances, business, marital problems, problems with the children or whatever. But lately I have noticed a great deal of change within my own life - within my meditation and within my way of thinking. With this change has

come a whole changed outlook in how I feel when I am doing these counsellings now. There's almost a desire to move in a very different direction from that level of counselling, because I find that it tends to pull me into an area within my own being (doing that type of counselling) that I find rather uncomfortable. I find that the pressures of people coming to me tends to be more of a burden now than it used to be. I don't understand exactly why the burden and I don't know that it really is a burden per se - I don't know if that is the correct wording. But it is, nonetheless, a weighing down of my energy, causing me to focus into planes that I seem to want to leave behind me now. I want to deal more with just spirit and the soul of the individual and not so much deal with the physical, emotional and mental levels of the individual. I'm finding that it's very difficult to tune into those levels of some people and try to give to them what they are looking for from me. I am also having a hard time, in a sense, finding a way of expressing to them what it is I want to give to them. Because I'm not sure as of yet what it is I want to give but I do know what I do not want to be involved in giving. So I am having to slowly move away from the counselling levels of the past that I have used and move into more of a non-verbal, spiritual level of communication. I can see in peoples' eyes that they do not understand when this is taking place, but I do know that it is happening and I do know that change is going to come in their lives after this exchange on the soul level has occurred. But I am not sure as yet how to express it outwardly to people. And I am not sure if I am going through this process just because of my own personal growth and development or if it's because I am also going to be involved in helping others to grow in this way. So it's good for me to understand. I'm sure

it's a combination and not just one or the other. I would also suspect there's even other levels to this whole process that I do not understand as yet. At any rate, I am now searching for a way of expressing to people that I no longer am going to be involved that deeply with past life involvement, past life counselling. And I'm not going to be involved that much in personal counselling. Once in a while, if I see that there is a need, I will, I'm sure, open up and give that which is needed, but I am not going to bog my energies down anymore in those levels day after day and limit myself - limit my potential of growth - because really that becomes an anchor. I feel as though maybe my service at that level may have come to a progression or a change of some kind and it's now time for me to serve in yet a different level in their lives.

At first, when this was taking place, I know I thought I was running away from the person, from the responsibility of counselling. I thought that there was something severely wrong in this pull back that I was doing with people and in relating with people. But now I understand that it is really more a move inward on my part, rather than a moving back because I'm becoming much more detached from this realm and am becoming much more involved on the inward process of meditation and of understanding of the soul. Also, I am now in the process of trying to achieve a better one on one level of communication at the soul level so that I can help individuals at that level more. But in the process, I've realized that there has been that withdrawing from the physical counselling - word exchange type counselling that I have become used to giving over these years. At first, I felt rather guilty and quite strange pulling back from that. But now with the understanding coming to me as to why, I

realize that there is much more taking place on the inner planes and that that is where the work really needs to be done. So it is up to me now to learn how to detach myself at this level and let people know that I am not going to be involved on that mundane type counselling - that physical problem counselling - as much. I might do <sup>it</sup> ~~in~~ once in a while when and if I do see that it is needed but I am not going to do it each day and each hour.

I think people are even beginning to realize that without me even having to say it because I have pulled back. My phones at home are not ringing as much because I'm not giving the physical time to individuals - the physical words and the mental and emotional input that a lot of people are looking for. Also, I think because of the fact that I don't really respond immediately to setting up appointments and trying to work at that level any more, people are beginning to search out those that will help them at that level. And that's good because this gives me the time to really go within and do more of the soul work. It also gives me the opportunity to work with those people who are really working within themselves. I do not want to deal with people that have the poor little me attitude all of their lives and always want a parent or a friend to hold their hand in the physical and walk with them through their problems. I would rather be involved with individuals who are stronger, who are willing to progress and grow and who are willing to move forward in their patterns of progression. If I allow myself to stay in a stagnant pattern so that I can help other people as I have in the past, I am really doing harm to myself as well as I am doing harm to others. Because by staying stagnant, I am only going to cause them to remain stagnant in their growth. But by me progressing,

I have more to give to people, more understanding, more love and a great deal more in the way of the inner knowledge that can then be shared. Through that process I think that a lot more people will grow than if I were to stay stagnant and just do the one on one little personal type counsellings that I have in the past.

I'm not downing that - I'm not saying that that did not help people because I know it did. I saw a great deal of change take place in people's lives and I know that that type of counselling is most beneficial. But I am beginning to realize that the type of work I am going to be doing now, soul to soul, is even more progressive, more expressive and I feel it's a pattern of growth that is much faster than the other levels of growth that I have worked with before.

So, at this time, this is where my mind is. This is where I'm functioning from and this is what I'm striving to come into.

